

Internship Training (UG)–	UG INTERNSHIP TRAINING IN SPORTS PSYCHOLOGY (CN 009)
Course Duration –	Customizable Online 12–30 Modules (as per learners' choice) Highly Interactive
Course Mode –	Online fixed scheduled interactive sessions with supporting learning materials
Course Structure –	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly
Eligibility –	For Graduate students or Graduate degree holders (psy/msw/hd/allied/related)
Interactive Sessions –	60min session/module (12–30 modules), scheduled weekly/daily as per learner's choice

- ✓ The internship course includes 12 mandatory modules and an additional set of 18+ optional modules. The prescribed course fee covers only the 12 mandatory modules.
- ✓ If you wish, you may choose any number of optional modules by paying the corresponding additional fee per module.
- ✓ Selecting optional modules is completely voluntary — you may also choose to complete only the 12 mandatory modules by paying just the standard course fee.

MANDATORY INTERNSHIP MODULE NAMES & SESSION BRIEF
ONE SESSION PER MODULE WITH REQUIRED LEARNING MATERIALS – SESSIONS SCHEDULED ON DAILY BASIS
OR WEEKLY OR AS PER LEARNER NEEDS

C.S_01	Introduction to Sports Psychology - Definition, scope, benefits for athletes, coaches, teams.
C.S_02	Athlete Motivation: Theoretical Foundations - Intrinsic vs extrinsic motivation, achievement motivation.
C.S_03	Arousal, Stress & Anxiety in Sports - How it affects performance; inverted-U theory.
C.S_04	Attention & Concentration in Athletic Performance - Focus styles, distractions, attentional control
C.S_05	Group Dynamics & Team Cohesion - Roles, norms, cooperation, team performance.
C.S_06	Personality & Individual Differences in Athletes - Trait theories, personality-performance link.
C.S_07	Goal Setting in Sports - Short-term vs long-term, SMART goals for athletes.
C.S_08	Mental Toughness & Resilience - Concept, psychological factors, examples from sports.
C.S_09	Leadership in Sports Teams - Coach–athlete relationships, leadership styles.
C.S_10	Imagery & Visualization: Theoretical Basis - How mental rehearsals affect performance.
C.S_11	Self-Confidence in Sports - Sources, self-efficacy theory, confidence cycles.
C.S_12	Ethics in Sports Psychology - Confidentiality, fairness, boundaries, anti-doping principles.

OPTIONAL INTERNSHIP MODULE NAMES & SESSION BRIEF

If required, learners can opt for any or all these listed modules at an additional cost, apart from the course fee that includes the mandatory internship modules.

O.S_13	Emotional Regulation in Athletes - Understanding anger, frustration, emotional control.
O.S_14	Coping Strategies for Performance Stress - Problem-focused vs emotion-focused coping.
O.S_15	Burnout, Overtraining & Athlete Well-being - Causes, symptoms, prevention.
O.S_16	Psychological Factors in Injury Recovery - Motivation, fear, rehabilitation adherence.
O.S_17	Peak Performance & Flow State - Concept of “being in the zone.”
O.S_18	Imagery Techniques – Applications & Athlete Examples - Different types: visual, kinesthetic, motivational.
O.S_19	Pre-Performance Routines & Rituals - Why routines help; examples from sportspersons.
O.S_20	Communication Skills for Athletes & Coaches - Feedback, clarity, conflict management.
O.S_21	Youth Sports & Developmental Considerations - Parent pressure, motivation, growth mindset.
O.S_22	Gender & Cultural Influences in Sports - Opportunity, expectations, stereotypes.
O.S_23	Team Building & Conflict Management - Resolving team issues, building chemistry.
O.S_24	Aggression in Sports - Types of aggression, theories, game-related triggers.
O.S_25	Psychological Assessment in Sports (UG Level) - Performance profiling, basic questionnaires.
O.S_26	Sleep, Nutrition & Psychological Performance - How basic physiological habits affect cognition/emotions.
O.S_27	Fans, Media Pressure & Athlete Psychology - Public expectations, social media reactions.
O.S_28	Sports Psychology in Indian Context - Challenges, opportunities, famous athlete case insights.
O.S_29	Youth Athlete Dropouts: Psychological Causes - Motivation loss, burnout, external pressure.
O.S_30	Sport Specialisation vs Multi-Sport Development - Cognitive/psychological pros and cons.
O.S_31	Coaching Styles & Athlete Mindset - Authoritarian vs democratic coaching.
O.S_32	Mindfulness & Focus Training (Theory) - Attention control, acceptance, breathing basics.
O.S_33	Psychology of Referees & Umpires - Decision pressure, bias, stress.
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt disorders

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹24,800 (India) From 13th session onward (if req) – ₹1800/session (up to 30 sessions)	For 12 Sessions – \$600 (Int'l) From 13th session onward (if req) – \$30/session (up to 30 sessions)
Email and Whats App Based	For 12 Sessions – ₹12,800 (India) From 13th session onward (if req) – ₹1,400/session (up to 30 sessions)	For 12 Sessions – \$400 (Int'l) From 13th session onward (if req) – \$20/session (up to 30 sessions)
For group registrations, whether from individual learners or via college departments, fees will be significantly reduced to make the course student-friendly		

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

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